

# TEMPERATURE ON THE STREETS



MENTAL HEALTH

RESOURCES - EPISODE 2

With Leyla Okhai and Pawlet Brookes

**SERENDIPITY**



ARTS COUNCIL  
ENGLAND

LOTTERY FUNDED

Supported using public funding by

**ARTS COUNCIL  
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HM Government

In partnership with

**THE NATIONAL LOTTERY  
COMMUNITY FUND**

# INTRODUCTION

Below we have selected a collection of resources that complement and can be referred to support those facing mental health in the workplace or at home.

## FURTHER READING AND RESOURCES

- Mental Health At Work. 2020. Coronavirus And Isolation: Supporting Yourself And Your Colleagues – Mental Health At Work. [Online] Available at: <<https://www.mentalhealthatwork.org.uk/toolkit/coronavirus-and-isolation-supporting-yourself-and-your-colleagues/>>
- Mental Health Foundation. 2020. Coronavirus: The Divergence Of Mental Health Experiences During The Pandemic. [Online] Available at: <<https://www.mentalhealth.org.uk/coronavirus/divergence-mental-health-experiences-during-pandemic>>
- Holmes, E., O'Connor, R., Perry, V., et al. 2020. Multidisciplinary research priorities for the COVID-19 pandemic: a call for action for mental health science. The Lancet Psychiatry, [online] 7(6), pp.547-560. Available at: <<https://www.thelancet.com/action/showPdf?pii=S2215-0366%2820%2930168-1>>
- The Diversity Project. 2020. Mental Health & Covid-19 | Diversity Project. [Online] Available at: <<https://diversityproject.com/mental-health-covid-19>>
- Okhai, L, 2020. About - Diverse Minds. [Online] Diverse Minds. Available at: <<https://diverseinds.co.uk/about/>>
- Rahman, A., Naslund, J., Betancourt, T., et al. 2020. The NIMH global mental health research community and COVID-19. The Lancet Psychiatry, [online] 7(10), pp.834-836. Available at: <<https://www.thelancet.com/action/showPdf?pii=S2215-0366%2820%2930347-3>>
- 2020. The Mental Health Emergency - How Has The Coronavirus Pandemic Impacted Our Mental Health? [Ebook] London: Mind. Available at: <[https://www.mind.org.uk/media-a/5929/the-mental-health-emergency\\_a4\\_final.pdf](https://www.mind.org.uk/media-a/5929/the-mental-health-emergency_a4_final.pdf)>

## LIFE LESSON FROM EPISODE TWO

"... So anxiety is a really, really normal part of everyday life. I mean, if we think about things that we don't want to do, we can have anxious feelings..."

- Leyla Okhai, 2020